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WHAT IS CLAIMED IS:

1. A neuromuscular/proprioceptive and rehabilitation apparatus, wherein a thickness is defined as the distance from the first surface to the second surface measured along a line approximately normal to the first surface and passing through the intersection of the major and minor diameters, and wherein the length of the major diameter is 13.5 inches, the width of the minor diameter is 6.0 inches, and the thickness is 3 inches.
2. The neuromuscular/proprioceptive and rehabilitation apparatus of claim 1 is comprised of a polyethylene foam with density of 3 lbs. per cubic foot specifically.
3. The neuromuscular/proprioceptive and rehabilitation apparatus of claim 2 the device compresses allowing for compression and is comprised of polyethylene foam with density of 3 lbs. per cubic foot and thickness of the device of 3 inches to provide the correct compression allowing increased surface contact and stability when an individuals weight is placed on the apparatus. Thus, accommodating for proprioceptive exercises to be performed correctly with the needed amount of balance training time.
4. The neuromuscular/proprioceptive and rehabilitation apparatus of claim 3 being a molded one-piece polyethylene foam material allowing the device to have a light weight totally 2.8 ounces, providing unique portability.
5. The neuromuscular/proprioceptive and rehabilitation apparatus of claim 1 having the exact dimensions to allow for single leg stance retraining.